



National Senior Corps Week observed in Davis County

by Viki **BOWMAN**
Davis County RSVP

Davis County Health Department's Senior Services Division recognizes Senior Corps volunteers in Davis County for their commitment to tackling local problems during National Senior Corps Week, April 29 May 5.

This year we celebrate the committed individuals who volunteer their time and energy to help others. Their stories of service display the positive impact one can create and everlasting change one person can make for another. Senior Corps volunteers work in countless ways to make communities stronger.

Throughout the county, Foster Grandparents are mentoring and tutoring students, Senior Companions are helping frail elderly remain in their own homes, and RSVP volunteers are mobilized to make an impact on issues such

as elderly independent living, addressing fraud and Medicare abuse, environmental protection and preservation, children's literacy, supporting veterans and military families, and animal welfare.

In addition to helping others, Senior Corps volunteers, who must be 55 years of age and greater, improve their own lives by living active, healthy lives through volunteering. A growing body of research points to mental and physical health benefits associated with volunteering, including lower mortality rate, increased strength and energy, decreased rate of depression, and fewer physical limitations.

Everybody can be great, because anybody can serve. Senior Corps volunteers come from every corner of the country and all walks of life and are supporting organizations and giving back to their communities.

Senior Corps is a program of the Corporation



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SENIOR CORPS LITERACY VOLUNTEERS can spend from one hour per week as an RSVP member or up to four hours per day as a Foster Grandparent in schools working with children at risk of falling below grade level. In Davis County, children receiving additional attention from Senior Corps members show improved testing scores.

for National and Community Service (CNCS), the federal agency for volunteering and service. CNCS engages millions of Americans of all ages and backgrounds in service each year through its Senior Corps, AmeriCorps, and Volunteer Generation Fund programs and leads volunteering initiative for the nation.

For more information on volunteering through Senior Corps, contact Davis RSVP at 801-525-5094.

Shred event helps protect from fraud, abuse

by Jackie **SMITH**
DCHD Senior Services

Davis County Health Department's Senior Medicare Patrol is holding a free shred event Tuesday, May 22, 11 a.m.-1 p.m., at the Golden Years Senior Activity Center (726 S 100 E, Bountiful).

Protecting your personal information is the best line of defense against healthcare fraud and abuse. While spring cleaning this year, remember to shred rather than toss papers with your personal information to help fight fraud and reduce the possibility

of identity theft.

According to the Federal Trade Commission, there were more than 2,400 identity theft reports during 2017. To help prevent identity theft if you're discarding unneeded items, shred documents that include your name, address, birth date, Social Security number, medical ID number, or account numbers.

Call Davis County's Senior Medicare Patrol at 801-525-5050 option 5 for more information about the shred event or to report if you suspect errors, fraud or abuse.

Events in May

Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

MWF - EnhanceFitness 9:30 a.m.

11 - Honoring Mom 11:30 a.m.

16 - Trip to Farmington Station (call to reserve)

23 - Roxy Rust & Her Jazzy Bells 11:30 a.m.

Historic Kaysville Tour 12:30 p.m. (call to reserve)

28 - Closed for Memorial Day

Golden Years Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

MWF - EnhanceFitness 8 a.m.

10 - Tappin' Grannies Performance 10:45 a.m.

10 & 24 - Caregiver Class 2 p.m.

11 & 25 - Howard's Band 11 a.m.

22 - Shred Event 11 a.m.-1 p.m.

28 - Closed for Memorial Day

North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

1 - May Day 11:30 a.m.

2 - Senator Mike Lee's Senior Resource Fair 9 a.m.-noon

3 - Attorney by appointment

21 - Scams & Elder Abuse Presentation 11:30 a.m.

22 - Health Fair 9-11 a.m.

25 - May Birthday Party 11:15 a.m.

28 - Closed for Memorial Day

See more at daviscountyutah.gov/health/senior-services

'Engage at Every Age' during Older Americans Month

by Administration for Community Living's Administration on Aging

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They're working and volunteering, mentoring

and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the



importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional

well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. During Older Americans Month, Davis County Senior Services is focus-

ing on how older adults in our area are engaging with friends and family, and through various community activities. Throughout May, Davis County Senior Services will conduct activities and share information designed to highlight the many services they provide. You are encouraged to get involved by visiting any of the three Davis County Senior Activity Centers and participate in one of the many activities and classes offered there. Each

center offers a variety of activities that may include Tai Chi, arts and crafts, Breakfast for Your Brain workshops (available in English and in Spanish), Medicare basics and Medicare fraud education, EnhanceFitness, and much, much more.

And, join ACL and AoA in celebrating by participating in the Selfie Challenge! They want to see how you're engaging. Simply take a selfie (or have someone take your photo) and tweet it with the hashtag #OAM18.

Senior Resource Fair set for May 2

U.S. Senator Mike Lee's Senior Resource Fair is scheduled for Wednesday, May 2, 9 a.m.-noon, at the North Davis Senior Activity Center (42 South State Street, Clearfield).

Attendees at this free event will be able to engage with members of Senator Lee's staff to learn about resources that benefit the senior community. Representatives from a variety of participating organizations also will be available to discuss how

they can assist or benefit seniors.

The purpose of the fair is to give local senior citizens a chance to get their questions answered or to voice their concerns on senior issues.

The set up for this event in the North Davis center's multipurpose room allows attendees to visit one or many of the organizations on-hand. Besides quick introductions at the beginning and some brief closing remarks, attendees may choose to show up at any

time that morning since there aren't any formal group presentations scheduled.

Participating organizations include the Alzheimer's Association Utah Chapter, AARP, Utah Department of Workforce Services Housing & Community Development's H.E.A.T. Program, Social Security Administration, U.S. Department of Veterans Affairs, and the Davis County Health Department Senior Services Division.

Explore Medicare options at free classes

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire,

please join us for one of the following classes:

- Wednesday, May 16, 6:30-7:30 p.m. – Clearfield Library (562 S. 1000 E., Clearfield)
- Wednesday, June 20, 6:30-7:30 p.m. –

Centerville Library (45 S. 400 W., Centerville)

For more information about the Medicare 101 classes, contact Jackie Smith at 801-525-5082 or jmsmith@daviscountytah.gov.

Caregiver educational classes offered during May

Davis County Senior Services offers free classes for individuals who care for family members that are older and/or frail. Classes are scheduled at two different locations twice a month throughout 2018. On Tuesdays, classes will be held at North Davis Senior Activity Center (42 S. State Street, Clearfield), 2-3 p.m. On Thursdays, classes are at Golden Years Senior Activity Center (726 S. 100 E., Bountiful), 2-3 p.m.

No RSVP is needed. If you have any questions, contact Megan Forbush at 801-525-5088.

Class topics:

- May 8 & 10: Identity Theft and Fraud – Betty Smauldon, Northern Utah Coalition
- May 22 & 24: How to Read the Signs When an Older Adult Needs More Help – Megan Forbush, Davis County Senior Services

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